

Go For Green® Color and Sodium Level: Yellow and Moderate

SZECHWAN TENDERS DELUX (VEGAN)

Yield 100 Portions

Pan Size and Number Steam-Jacketed Kettle,

Temp 350°F (177°C)

Each Portion 1 cup (9 oz)

Griddle, 12 x 20 x 4-Inch Steam Table Pan (2)

Time 35 min

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Cholesterol	Sodium	Calcium	Fiber
						0 mg			

Ingredients

Weight

Measure

Approx. Issue

WATER	5 lb 3 oz	2 qt + 2 cup	
VINEGAR, WHITE, DISTILLED	2 lb 6 oz	4½ cup	
OIL, VEGETABLE, CANOLA	2 lb 2 oz	4½ cup	
SOY SAUCE, REDUCED SODIUM	2 lb	3¼ cup	
CATSUP, TOMATO	1 lb 14 oz	3¼ cup	
SUGAR, GRANULATED	1 lb 12 oz	1 qt	
PEPPER, RED, CRUSHED	2½ oz	¾ cup	
WATER	2 lb	1 qt	
CORNSTARCH	9 oz	2 ¼ cup	
OIL, VEGETABLE, CANOLA	4 oz	½ cup	
ONIONS, FRESH, SLICED, ¼-INCH	6 lb 8 oz	2 gallons	7 lb 4 oz
GARLIC, FRESH, MINCED	2 lb 4 oz	1 qt + 2 cup	2 lb 9 oz
BROCCOLI, FRESH, FLORETS, 1-INCH	5 lb	2 gal + 2 qt	11 lb
PEPPERS, RED, BELL, FRESH, DICED, ½-INCH	4 lb 8 oz	1 gal + 1 cup	5 lb 8 oz
PEPPERS, GREEN, BELL, FRESH, DICED, ½-INCH	4 lb 8 oz	1 gal + 1 cup	5 lb 8 oz
OIL, VEGETABLE, CANOLA	4 oz	½ cup	
CHICKEN NUGGETS (VEGAN)	28 lb		28 lb
ONIONS, GREEN, THINLY SLICED	4 oz	1 cup	5 oz

Methods

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. If necessary, spray pan and cook chicken nuggets (vegan) according to package instructions. Do not overbake. CP: Hold for hot service at 135°F (57°C) or higher.
3. Combine water, vinegar, 4 ½ cups (2 lb 2 oz) canola oil, soy sauce, catsup, sugar and red pepper in a steam-jacketed kettle or stock pot. Bring mixture to a boil; reduce heat; simmer for 5 minutes.
4. In a mixing bowl, blend cornstarch and water to make a slurry. Gradually add slurry to sauce mixture while stirring constantly. Simmer for 5 minutes until thickened, stirring frequently. Remove sauce from heat; cover. CP: Hold hot at 135°F (57°C) for use in Step 6.
5. In a steam-jacketed kettle or stock pot, add ½ cup (4 oz) oil and stir-cook garlic and onions for 10 minutes; stirring occasionally. Add broccoli and peppers; stir-cook for an additional 5 minutes. Remove vegetable mixture from heat; cover. CP: Hold hot at 135°F (57°C) or higher for use in Step 6.
6. Combine reserved sauce mixture, stir-cooked vegetables, and chicken tenders (vegan) in a large mixing bowl. Mix all ingredients lightly but thoroughly. Place 3 gal + 2 cups (28 lbs 4 oz) of Szechwan chicken mixture in to each (12 x 20 x 4-inch) steam table pan.
7. To garnish, evenly distribute ½ cup (2 oz) of green onions over the top of Szechwan Chicken (vegan) in each pan. Serve immediately or CP: Hold at 135°F (57°C) for hot service.
8. EACH PORTION: 1 cup (9 oz)



Notes

1. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar together
2. Serving Suggestions: Serve over rice. See AFRS E-005-00 or E-005-01 or E-005-05 or E-005-06 or E-005-10 or E-005-11 or E-005-15.
3. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Szechwan Chicken (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey. If Chicken Nuggets are vegetarian, facility may choose to list item on Go For Green card as “Szechwan Chicken (vegetarian)”.

